Health Risks Behaviors

Define risk behaviors.

The CDC states that six risk behaviors are:

* Tobacco Use
* Unhealthy dietary behaviors
* Inadequate physical activity
* Alcohol and other drug use
* Sexual behaviors that may result in HIV infection, other sexually transmitted diseases, or unintended pregnancies.
* Behaviors that lead to injuries and violence.

Choose 3 of the risk behaviors and fill in the following:

|  |  |  |  |
| --- | --- | --- | --- |
| Risk behaviors | Example of the behavior you may see at school or when you are with friends. | What would you do if you saw a friend taking part in this risk behavior. | What would you do if you were asked to take part in the risk behavior. |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |